



**PORMPUR NGAMPLIN
PAM MONGTHAK**
ABORIGINAL CORPORATION

PNPM

News Week

- FORMERLY PORMPUR PAANTHU ABORIGINAL CORPORATION (PPAC) -

Issue
285

Monday 16
February
2026

ARTS & YARNS *Program*

FREE Art Therapy workshops
for parents and carers
based on the Bringing Up
Great Kids program



TO ATTEND,
PLEASE CONTACT
THE HEALING
CENTRE

ABOUT THE PROGRAM

- Use art and gentle reflection to explore your parenting journey in a safe, supportive space
- Build emotional awareness, empathy, and secure connections with your children
- Slow down, yarn together, and gain practical insights for raising confident, resilient kids

HEALING CENTRE
WEDNESDAYS 10AM - 11:45AM

DATES:

- Wednesday
11th February
- Wednesday
25th February
- Wednesday
11th March
- Wednesday
25th March



MICHAEL QUINN is coming back to PORMPURA AW

30th March to 2nd April 2026

18th to 22nd May 2026

22nd to 26th June 2026

Sit down with **MICHAEL QUINN** at the
PNPM Healing Centre.

- ✓ One-on-one support
- ✓ Group sessions
- ✓ Conflict resolution strategies
- ✓ Guidance on communication and relationships

MICHAEL recently visited our community to conduct these supports. Due to popular demand, he's coming again to offer his support and expertise.

Don't miss the opportunity to learn and chat with someone who has strong experience and expertise you might find of benefit to you!

Come and see him at the PNPM Healing Centre
07 4060 4260 or 0474 498 307

AA MEETING

Come Have a Yarn!

Every Wednesday at 11 AM
AT RISE



PPAC's Playgroup is held on Monday, Wednesday
and Friday at the Corner Shed
from 10am to Middy.

Outside School Hours Care is available from 3pm
to 5pm Monday to Thursday and 1.15pm-5pm on
Friday during the school year.

Vacation Care is available during the school holidays.

For more information contact Sandra on 4060 4001



FEB2026

Men's Support Program for men aged 16 and older.

MEN'S SUPPORT SERVICES

FEBRUARY 2026 You are invited! Bring someone along.

MONDAY SUPPORT & CHILL

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Biscuits & Tea at Men's Shed
- 10:00am one-on-one support
- 12:00pm Transport from Men's Shed to Healing Centre

Shed Open 1pm – 3:30pm Biscuits & Tea | Pool | Yarn



TUESDAY PROGRAM & HANDWORK

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Biscuits & Tea at Men's Shed
- 10:00am Learning how to manage my emotions
- 11:00am Lunch (Full - Meat & Rice)
- 12:00pm Transport from Men's Shed to Healing Centre

Shed Open 1pm – 3:30pm Pool | Cultural Handwork
(spear-making, boomerang-making, etc.)



WEDNESDAY GATHER WOOD, AA / ART

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Biscuits & Tea at Men's Shed
- 10:00am collect supplies for handwork
- 12:00pm Transport from Men's Shed to Healing Centre

Please note: 11:00am AA meeting at Rise.
(if you are at the Men's Shed, we will take you to Rise)

Shed Open 1pm – 3:30pm Pool | Art



THURSDAY FISHING & CHILL

- 9:30am Transport from Healing Centre to Men's Shed
- 9:45am Damper & Tea at Men's Shed
- 12:15pm Transport from fishing to Healing Centre

Shed Open 1pm – 3:30pm Pool | Yarn | Handwork | Art



FRIDAY CULTURAL & FEED

- 9:30am Transport from Healing Centre to Men's Shed
- 11:00am Lunch (Light - BBQ sausage & bread)
- 12:00pm Transport from Men's Shed to Healing Centre



Call 0488 928 415 For more information, and to arrange transport.

To report sly grogging, phone the confidential Sly Grog Hotline on 1800 500 815

ALL WORK AND WALK TOGETHER ON ONE PATH OF HEALING, LEARNING, CARING AND SHARING, CREATING A SAFER ENVIRONMENT AND COMMUNITY